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ABSTRACT

The booklet offers practical suggestions to teach the person with multiple sclerosis to conserve energy and maintain a balance between rest and activity. The discussion centers around personal hygiene, homemaking activities, family relationships, and hobbies. Another section gives tips for getting around in the community, with considerations for accessibility of shopping, restaurant, church, and spectator activities. A final section provides addresses for sources of special items. (CL)

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IRS IS A FAMILY AFFAIR

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This booklet has been printed in large-size type to make for easier reading by persons with visual problems. Text type is 14 pt. Caslon bold.

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This booklet is dedicated to all persons with multiple sclerosis and to their families and friends who share their attempts to live full and rewarding lives despite the limits imposed by the disability. It was prepared with the hope that persons with multiple sclerosis would find that realistic modifications might allow them to lead more useful, purposeful, and happy lives.

—The Authors

Foreword

More than 23-million Americans live today with neurological disorders, which often require long-term care. Each year Easter Seal Societies, through direct service programs, extend more help to children and adults who have neurological and related impairments, including multiple sclerosis, than to persons disabled by any other cause. The Societies' efforts are directed toward enabling persons with physical disabilities of any kind to achieve the maximum degree of independence. This booklet is a major cooperative contribution of the National Easter Seal Society and the Wisconsin State Division of Health toward attainment of this goal.

Mark L. Dyken, Jr., M.D.
Chairman, Professional Advisory Council
National Easter Seal Society for Crippled
Children and Adults

Preface

The manuscript for this booklet was written in 1972 by three consultants in the former Section of Patient Care Practices, Division of Health, Wisconsin Department of Health and Social Services, and appeared originally as a three-part article in the newsletter of the former East Central Wisconsin Chapter of the National Multiple Sclerosis Society. It is reproduced here, with some revisions and additions, with permission of the Department.

Because of the high prevalence of multiple sclerosis in Wisconsin, the authors, Laura M. Braunel, O.T.R.; Carole A. James, R.P.T.; and Janice D. Stovall, CCC-SP. A., have in the course of their broad professional careers acquired wide experience in working with the patient with multiple sclerosis. They are called on to assist health personnel throughout the state in implementing effective rehabilitative measures, many of which are considered in these pages.

The suggestions this booklet contains should have significance for all persons whose everyday lives are affected by multiple sclerosis, according to the opinion of patients, family members, public health nurses, and other allied health professionals who read the manuscript of this material. A visiting nurse reported a typical comment, made by a physician in charge of the management of a person with M.S. for whom she was providing care:

"This is the first time I have seen anything written to give my patients that is so basic and practical," he said.

We, in cooperation with the National Easter Seal Society, are pleased to share this material with persons with M.S., their families, and their friends.

Wisconsin Department of
Health & Social Services
Division of Health

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Introduction

Multiple sclerosis is an illness that may affect people in the prime of their lives without respect for their status or their goals. Although the progression of M.S. follows no typical pattern, the nature of the disease is "up and down," usually characterized by various degrees of weakness, fatigue, incoordination, visual disturbance, and difficulties in breathing, speech, or swallowing. Physical changes are frequently accompanied by personality changes so closely related as to make the changes inseparable. Living with multiple sclerosis requires patience and understanding by those who have it and by all who live with them. It usually means adapting to a new way of life.

The physician is responsible for the diagnosis and medical management of the patient. In that capacity, the physician works with allied health professionals to assist the patient and the patient's family to develop modifications in daily living.

The suggestions that follow are offered as practical, supplementary "how-to-do-it" aids to teach the person with M.S. ways to conserve energy and maintain a balance between rest and activity. Included are problems, approaches, and maintenance exercises related to personal hygiene, homemaking activities, family relationships, and hobbies. A special section gives tips for getting about the community and for traveling with ease.

Those items preceded by (*) are listed, together with further definition or information on how to obtain, adapt, or build them, on page 31. Commercial products or suppliers included are suggested for information purposes only; their mention should not be considered an endorsement.

Some of the following changes may be observed:

LOOK for

Periods of reduced or exaggerated symptoms alternating with no recognizable change

Inappropriate sensations of hot or cold

Visual disturbances

Signs of excessive fatigue

Trembling

Weakness of arms, hands, or legs

Disturbances of bladder function

Shortness of breath

Constipation

Changes in eating habits

Choking on or inhaling food

Unusual bruises

Burns

Inability to identify parts of body relative to movement

Irritability

Lack of concentration

Personality extremes

LISTEN for

Complaints of tingling or numbness

Inability to remember

Setting of unrealistic goals

Changes in reading comprehension

Complaints of pain

Slurred speech

Speaking on inhalation

Inappropriate answers indicating a hearing loss or an inability to understand what is heard

Four L's for Living

Each individual with M.S. is different.

Learn to adapt daily living to the person's needs and locate community resources early.

LEARN to

Balance rest with activity

Relax

Maintain social contacts

- In the home—by mail or phone
- Outside the home—through visits and other outings

Keep as physically fit as possible

Do facial, tongue, and breathing exercises

Modify home and furnishings and adapt equipment to meet needs

- Pick up scatter rugs
- Use non-skid floor wax
- Move daily-used objects into convenient places
- Sit in armchair of appropriate height

Arrange clothing for next day before retiring

Check safety of bathroom

Use safety precautions especially in kitchen

Install more than one phone and place each for convenience and safety

Use appropriate adaptive equipment

LOCATE

Physician

State Public Health Department

Public health nurse (county or city) or Visiting Nurse Association

State public health nutritionist or hospital dietitian

State Division of Vocational Rehabilitation

Multiple Sclerosis Society (local chapter)

Multiple Sclerosis Clinic, if available

Easter Seal Society (state or local unit)

County Welfare Department

Local Social Security Office

Equipment Loan Service

Local directory of easy access buildings, if available

Telephone company—for telephone adaptations

Public Library—for books on homemaking for persons who are disabled and for services both to those who are blind and to those who are physically handicapped

Teach family or friends how and when to help.

Approaches to Living with M.S.

It is extremely important that there be a balance between rest and activity throughout the day. Activities to help maintain strength and well-being are frequently included in the routine of daily living. Independence with minimal fatigue is the goal. Each person should choose only those activities that pertain to the person's specific problems. Persons with severe physical involvements should consult their physicians before attempting any of the activities.

Daily Personal Routine

Wake up! Stretch! The need to urinate is usually present on wakening in the morning. Keep a urinal or emesis basin next to the bed. Use it to relieve bladder pressure and place it in a safe spot before beginning the activities suggested for bed. Also remove pillows from bed. Breathe deeply during all activities.

TASK	APPROACH	ACTIVITY
ROLLING OVER ONTO STOMACH	This is an easy way to keep hips and knees more flexible. To roll over: 1. Move to one side of bed. 2. Cross outside ankle over other. 3. Put inside arm next to body. 4. Reach outside arm across body and grasp edge of mattress. 5. Pull yourself over. 6. Lie there for five minutes or more. 7. Rest.	While on stomach bring arms out to side and touch top of bed five times.

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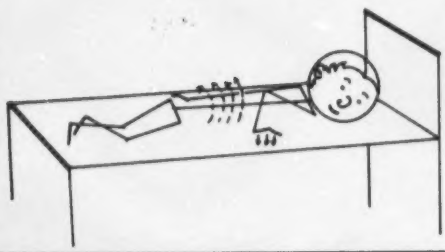
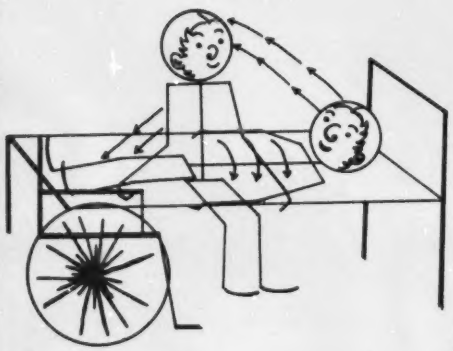
TASK	APPROACH	ACTIVITY
ROLLING FROM STOMACH TO BACK 	**To roll back:** 1. Cross inside ankle over other. 2. Push hard into mattress with hand. 3. Take a deep breath. 4. Roll over. 5. Rest.	
PUTTING ON UNDERPANTS, PANTS, AND SLACKS IN BED 	**Anyone who uses a wheelchair and can do wheelchair push-ups can do this.** 1. Lie flat in bed. 2. Use stronger hand to grasp weaker leg. 3. Cross over stronger leg. 4. Straighten trouser. 5. Work pants leg on weaker leg to knee. 6. Uncross legs. 7. Put stronger leg into other pants leg. 8. Roll from side to side. 9. Work pants onto hips. 10. Bend stronger leg. 11. Press down with stronger foot. 12. Lift hips. 13. Pull pants over hips. 14. Fasten belt. 15. Zip zipper.	

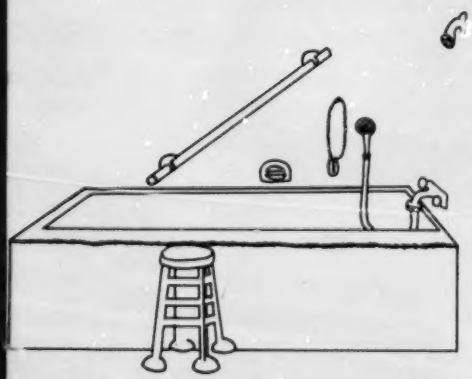
TASK	APPROACH	ACTIVITY
TRANSFERRING OUT OF BED	If legs are weak, arms must be moderately strong. 1. Put on shoes in bed. 2. Look at legs. 3. Move to edge of bed. 4. Move legs over edge of bed. 5. Roll onto side. 6. Grasp edge of mattress with top hand. 7. Lift head. 8. Dig lower elbow into mattress. 9. Push up to sitting position. 10. Rest on edge of bed in seated position. 11. Reach for near arm of locked wheelchair. 12. Hold on to arm of wheelchair next to bed. 13. Put feet flat on floor in front of you. 14. Push self to edge of bed. 15. Reach for farther arm of locked wheelchair. 16. Bend head forward over knees. 17. Stand up. 18. Keep head down. 19. Pivot on balls of feet. 20. Sit in wheelchair (equipped with a solid seat insert and seat belts).	If knees jump, push down until heel touches the floor and shaking stops.

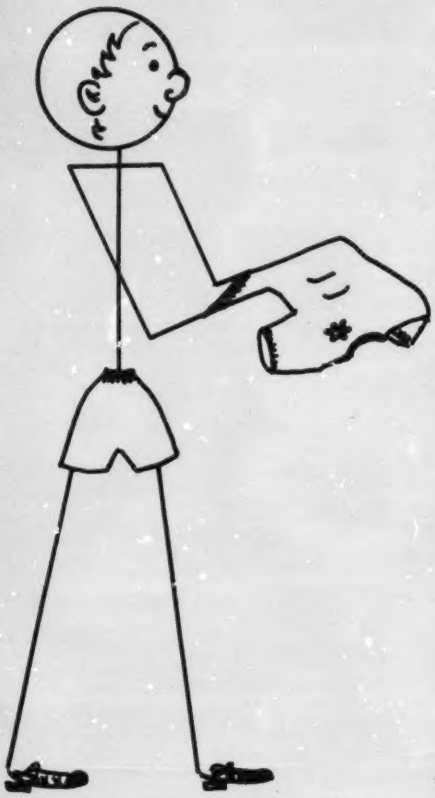
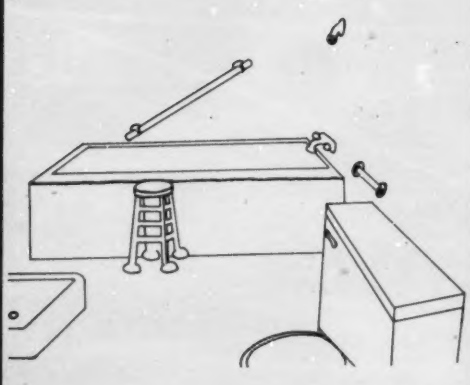


TASK	APPROACH	ACTIVITY
WASHING FACE AND HANDS 	Do everything independently if possible. *Do not* take unnecessary chances. 1. Stand or sit in front of wash basin. 2. Turn on cold water first. 3. Add hot water to desired temperature. 4. Watch for steam. 5. Use a wash mitt made by folding a washcloth in half and sewing up two sides. (Or use a hand sponge if it's easier than a washcloth.) 6. Use an art foam cover for soap to keep bar from slipping. 7. Use an around-the-neck mirror or a knee clip-on mirror for washing while seated.	While washing, puff out cheeks and make faces. This will help maintain facial muscle strength.
SHAVING 	1. Use a light-weight electric razor. 2. Stand or sit as dictated by fatigue.	Puff out cheeks or make faces to keep skin taut while shaving and to help maintain facial muscle strength.

TASK	APPROACH	ACTIVITY
BRUSHING TEETH	1. Check with dentist regarding dental needs. 2. Try a cordless electric toothbrush for convenience. *3. Consider other adaptive equipment such as an irrigating device, cleo-clean, or other helpful aids. 4. Stand or sit as appropriate.	
SHAMPOOING AND COMBING HAIR	*1 Sit in shower on stool or chair with suction cup feet. (Or attach rubber shower hose to bathtub faucet and sit in tub on stool or chair.) 2. Use shampoo in plastic container. 3. Use large-size comb or large-handled brush.	
USING DEODORANTS	1. Use roll-on or cream deodorant in plastic container. 2. Avoid use of aerosol cans, whose fumes can aggravate respiratory difficulties. 3. Watch for rashes or reddened areas in armpits. Discontinue use of product if noted.	

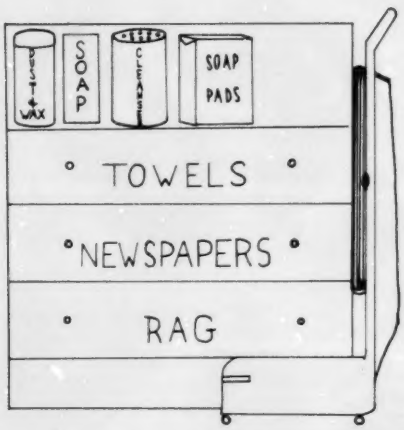
TASK	APPROACH	ACTIVITY
BATHING AND SHOWERING	1. Assemble clothes for dressing before bathing. *2. Try a long-handled sponge with soap pocket or a bar of soap suspended loosely around neck on rope to help keep soap readily available. 3. Use hand sponge if easier to hold than washcloth. 4. Use shower spray on hose in tub if desired. (Warm or cool water may relax muscles.) *5. Put long grip strips into shower or tub. 6. Sit in tub or shower on stool with suction cup feet. *7. Install diagonal wall rail for safety, if possible. 8. Replace towel with Turkish towel robe for drying. 9. Rest. 10. Go to toilet before dressing. 11. Do not hang on to towel bars.	Name parts of body aloud with teeth—*not lips*—as close together as possible.



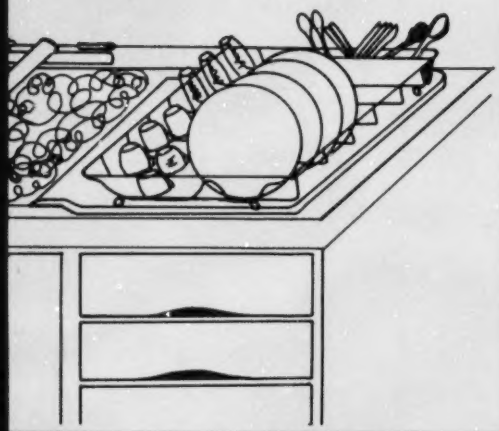
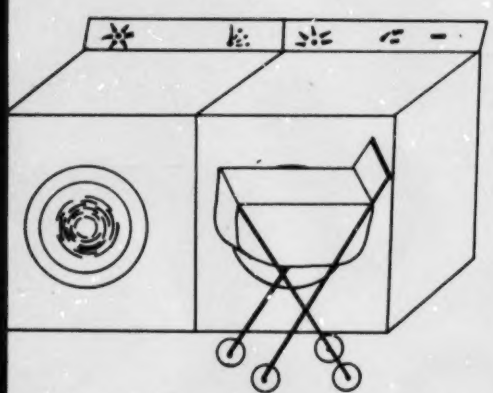
TASK	APPROACH	ACTIVITY
DRESSING 	*1. Consider velcro closings as fastenings for clothing. 2. Wear panty girdle with split crotch. 3. Avoid wearing round garters to prevent circulation problems. 4. Avoid wearing slippers of knit, synthetic, terry cloth, or other soft fabrics unless slippers have hard soles that can be roughened to prevent slipping and falling. *5. Try using elastic shoe laces for fastening tie shoes.	Name articles of clothing aloud with teeth—*not lips*—as close together as possible.
USING BATHROOM 	1. Install diagonal grab rail next to toilet. Screw it securely into wall studs. 2. Place grip strip or similar non-skid commercial strips in front of toilet and sink. *3. Use raised toilet seat if necessary. 4. *Do not* hang on to towel bars.	

TASK	APPROACH	ACTIVITY
EATING 	*1. Use a "cutter fork" for cutting meat and eating when needed. 2. Use plastic cups with long, deep handles that can be grasped by several fingers. 3. Place dishes on rubberized mat or dampened terry cloth towel to avoid sliding. 4. Place weighted handles on utensils. 5. Wear full-length aprons in masculine or feminine design to help protect clothing. 6. Use wide-mouthed glasses with stems that can be nested in hand for ease in drinking. 7. Serve food of consistency appropriate for chewing and swallowing. 8. Chew food thoroughly.	1. Rub backs of hands before eating. 2. Following eating pretend to clean food from between cheek and teeth with tongue.

Home

TASK	APPROACH	ACTIVITY
ORGANIZATION OF HOUSEHOLD EQUIPMENT AND SUPPLIES	1. Place telephone with long coil cord in low, convenient location in both bedroom and kitchen.	
	2. Buy supplies and equipment such as brushes, cleansing powders, and liquid soaps in duplicate to make each readily available in kitchen and bathroom work areas.	Try and identify objects and textures with eyes both open and closed.
	3. Keep items used daily on easy-to-reach shelves or on cabinet tops.	
	4. Keep potentially dangerous supplies in easy-to-reach locked cabinet.	
	5. Use dish stackers and lazy Susans for convenience in organizing and reaching supplies. Cover with towels to keep contents clean.	
	6. Get an electric can opener to conserve energy.	
	7. Wear half apron with deep pockets for carrying supplies.	

TASK	APPROACH	ACTIVITY
GROCERY LIST PREPARATION 	1. Select articles in small-size cans or packages for easy handling. (Or transfer contents of large cans or packages to smaller containers for daily use.) 2. Consider method necessary to open container before selecting it. 3. When supply of staple product gets low, immediately write item and size on "running" grocery list as reminder for replacement.	Name groceries aloud while writing grocery list. Keep teeth—*not lips*—as close together as possible. Speak as distinctly as possible.
MEAL PREPARATION MENU BREAKFAST / LUNCH / DINNER MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY	1. Plan menu well in advance. 2. Prepare some foods fully or partially the day before food is to be served. 3. Use metal or formica utility cart to move dishes and food to and from table. 4. Use small-size casseroles, pots, and pans, and handle with asbestos mitts when hot. 5. Wear half apron with deep pockets for carrying supplies. 6. Remember: Good nutrition is essential! Seek the help of local resources to assist with meal planning.	When planning menu, read items aloud with teeth—*not lips*—as close together as possible.

TASK	APPROACH	ACTIVITY
DISHWASHING 	*1 Install supportive rail or gluteal belt at sink to aid in standing. 2. Place chair nearby for rest. 3. Place rubber mat in bottom of sink. 4. Air-dry dishes.	Stand to do dishes until tired.
WASHING AND DRYING CLOTHES 	1. Wash lingerie in bathroom sink. 2. Hang lingerie on art foam-covered hangers. 3. Use automatic washer for family wash. 4. Install washer as close to kitchen as possible. 5. When purchasing washer and dryer, select front-loader model. 6. Keep utility cart next to dryer so clothes can be folded as dried.	1. Sit while folding. 2. Name articles of clothing aloud with teeth—*not lips*—as close together as possible. Speak as distinctly as possible.

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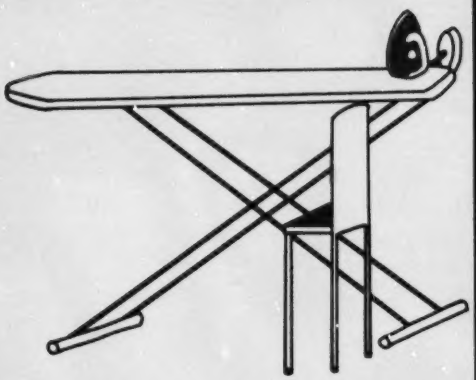
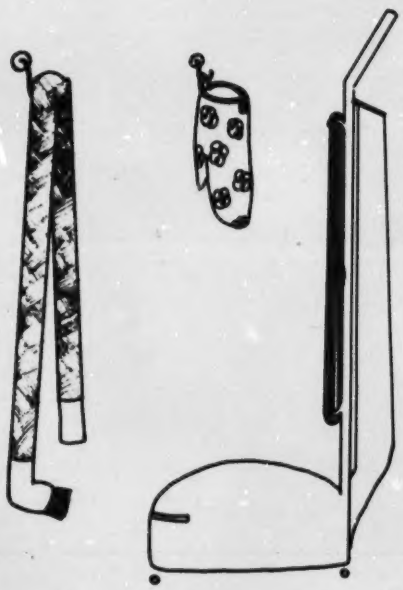
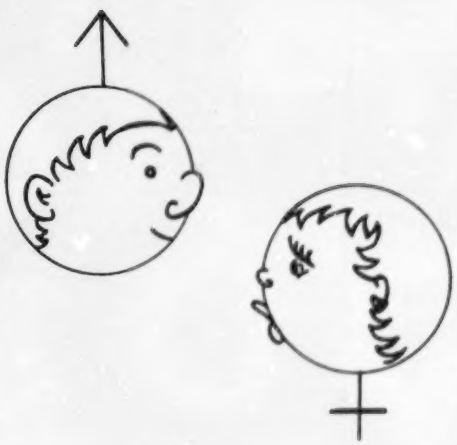
TASK	APPROACH	ACTIVITY
IRONING 	1. Sit down. 2. Use light-weight iron. *3. Use cord caddy to control cord. 4. Place iron on metal iron holder. 5. Iron on table if ironing board is unsteady or unadjustable in height. 6. Slide and tilt iron instead of lifting it.	1. While sitting, before and after ironing, alternately lift each knee toward chest. 2. Straighten knee alternately five times. 3. Breathe deeply while moving legs.
HOUSEKEEPING 	1. Use upright vacuum cleaner if possible. (Or replace small wheels on tank models with large, easier-to-roll casters.) Look for tank model with large casters. 2. Use dust mitt when dusting. 3. Avoid use of aerosol bombs, whose fumes might aggravate respiratory difficulties. 4. Store cleaning equipment within easy reach.	1. Stand or sit to tolerance. 2. While working around house, chew gum or make exaggerated faces, such as: grin then pucker; blow out, suck in cheeks to maintain muscle control.

REMINDER: 1) Installation of air conditioner can be helpful to some.

*2) If necessary, ramp entrances to home.

ACTIVITY	APPROACH
MARITAL RELATIONSHIPS	Intimacy between husband and wife is normal. When one spouse becomes disabled, sexual denial is sometimes experienced or there is an overemphasis on sexual relationships. Former relationships should be maintained with the handicap in mind. The involved person is not an eggshell that is going to break. Sex fulfills a need for a happier life. The counsel of a physician, clergyman, or family guidance counselor can be sought relative to the degree of disability and to personal background. Advice of family planning agencies can also be sought. Although no outsider can determine what a husband and wife might want for the future, skilled advisors can act as guides for building happier and fuller lives for all. Locate these helping agencies and persons with the aid of the public health nurse.

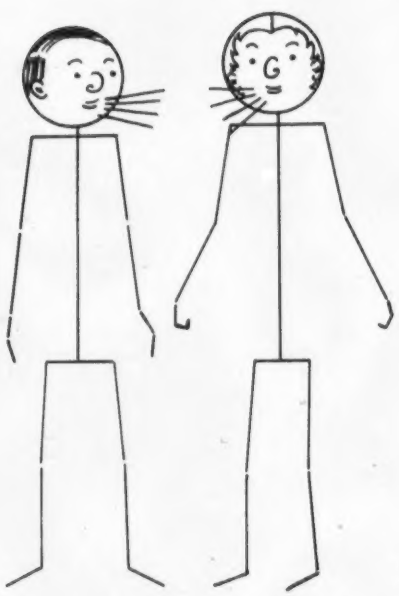


ACTIVITY	APPROACH
CARE OF INFANTS AND YOUNG CHILDREN	1. Use bassinet of appropriate height with large wheels. 2. Use diapers and rubber pants with velcro closings or use disposable diapers. *3. Build crib to table height with high sides and side opening gates to allow the adult to sit and to protect the baby. 4. Buy an infant "caddy" that straps baby into seat and seat onto chair. Use velcro straps if necessary. *5. Use swivel spoon for feeding infant. 6. Select garmets with full-length openings on either front or back. 7. If mother is unable to hold bottle for feeding, use a special bottle prop. 8. Consider hi-lo highchair to assist in handling young child. Check mechanics for ease of adjusting chair before purchasing. 9. When baby begins to turn, roll, and creep, get an adaptable playpen on wheels that will move easily through doors. 10. Protect toddlers by installing stair gates and hook and eye locks above reach on outside doors or other restricted areas. 11. Use harness to prevent child from wandering away outside. Be sure it is easy to put on. 12. Fence in play area to allow for independence. 13. Contact public health nurse for help regarding child care, supervision, or related concerns. 14. Consider securing outside help for assistance in physical handling of infants and children. 15. Remember that a child learns to talk by imitating. If a parent's speech is affected, be especially alert to expose the child to "normal" speech.

ACTIVITY	APPROACH
CARE OF OLDER CHILDREN	1. Give children responsibilities in proportion to age, such as: making beds, emptying ash trays and waste baskets, picking up toys, hanging up clothes, setting the table. Maintain a balance between "task" and "free" time. 2. Plan quiet games for children during a parent's rest period. 3. Modify activities to meet needs of both child and parent. 4. Help teenagers learn to live with a schedule regulating use of television, record player, telephone, amplification equipment, and car. 5. Counsel children continuously regarding disabilities caused by M.S. and changes that might occur. Remember that knowledge leads to understanding and that understanding leads to security and acceptance.

Special Maintenance Activities

ACTIVITY	APPROACH
COMMUNICATION	*1. Use blow bottles for short intervals each day to maintain and/or improve vital capacity.
	2. Prolong a vowel sound. The length of time it can be sustained will indicate the degree of breath control and vital capacity.
	3. Press hand against a flat surface and say "ugh" several times a day to help maintain chest and throat control, preventing constipation problems and difficulty in breathing.
	4. Practice Savage Speech for a minute every waking hour to help prevent or delay inhaling food or speaking on inhalation.



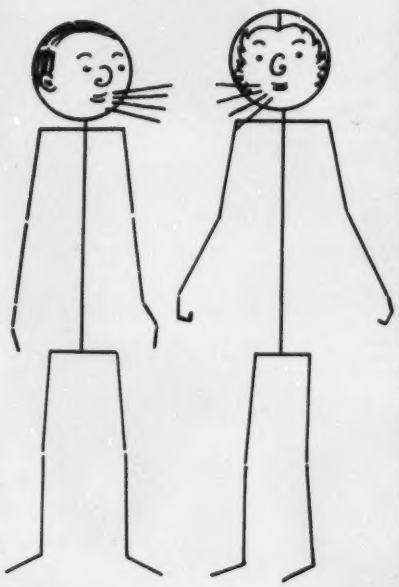
Talking is an overlay of the chewing and swallowing process. They cannot be done at the same time. Either chewing or talking must be stopped in order to inhale. M.S. patients sometimes speak on inhalation and inhale food. The exercise[1] "Savage Speech" is an attempt to control this problem.

a. Pretend you are chewing food with lips open.

b. Vocalize while pretending to chew food. If

[1]Elly Sittig, "The Chewing Method Applied in Cerebral Palsy and Multiple Sclerosis." In *The Chewing Approach in Speech and Voice Therapy,* ed. by Deso A. Weiss, M.D., and Helen H. Beebe (Basel, Switzerland-New York: S. Karger), pps. 39-51.

COMMUNICATION
(*Continued*)



the sound you hear is the same, such as "yam-yam," then you are not doing it correctly. Try again. A variety of sounds and tones should be heard if the tongue is moving as though chewing food.

When you become adept at Savage Speech, practice talking aloud using the same method, but with words rather than random sounds.

*5. Use a built-up pencil if regular pencil is difficult to hold. An electric typewriter might be used in place of writing.

*6. Obtain talking books or large print books, magazines, or newspapers if vision is impaired.

*7. Observe for a hearing loss or inability to understand what is heard. If this occurs, consult the family physician, who might refer you to an ototologist and/or audiologist for further testing.

8. If troubled by short attention span, keep a running list of "must do's" so that activities or appointments are not forgotten.

9. Discuss articles read with another person to determine whether information has been understood correctly or if reading comprehension has been impaired.

10. Make an appointment for evaluation by a speech pathologist if changes are noted in speech, reading comprehension, auditory comprehension, or ability to do arithmetic.

PHYSICAL

1. Practice facial grimaces such as grinning, puckering, blowing out and sucking in cheeks.
2. Rub backs of fingers, hands, and wrists.
3. Move each arm and leg *alone* while sitting or lying down.
4. Do wheelchair or chair push-ups.
5. Clap hands over head while sitting.
6. Straighten each knee while sitting.
7. Walk as much as possible using proper support.
8. Stand at sink with chair nearby.
9. Mark time in place, lifting knees high while standing holding on to sink.
10. Slide heel up and down each shin with eyes open and closed.

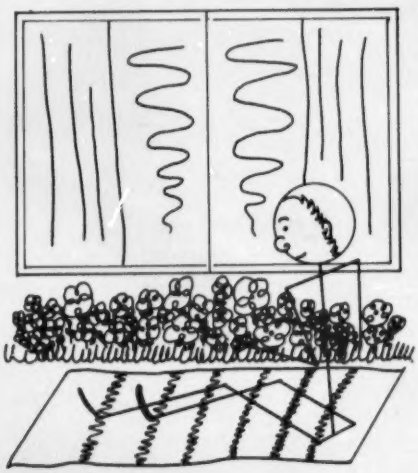
Do each activity to point of fatigue.

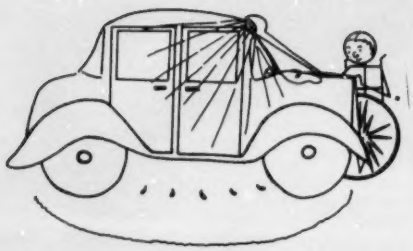
Spread exercises throughout the day.

"At Home" Activities

REMINDER: Read all directions aloud with teeth—*not lips*—as close together as possible.

ACTIVITY	APPROACH
PAINTING	1. Use a large brush or roller. 2. Sit down, if necessary. 3. Paint only to heights easily reached. 4. Use protective covering in area of painting. 5. Place paint container at working height on large, flat surface protected by covering. 6. Wear carpenter's apron to protect clothing. 7. Keep work area well ventilated. 8. Do not stand on ladder.
PAINTING OR REFINISHING FURNITURE	1. Select stripping material carefully to avoid "tacky" results. 2. To avoid cuts and burns do not attempt to cut final finishes with glass or use caustic material. 3. Try using a small electric sander for ease of motion, but attempt sanding only when coordination is adequate to stay with grain of wood.
WOODWORKING	1. Purchase pre-cut kits or unsanded items at hobby shops or by catalog from arts and crafts houses. 2. Avoid use of machines and power tools such as lathes and drill presses. 3. Hold the woodworking project in table vise.

ACTIVITY	APPROACH
KEEPING PETS OR RAISING SMALL ANIMALS	1. If animals are enjoyed get a single small animal as a pet, companion, and protector. 2. Investigate pet shops or laboratories as possible sales outlets for small animals, as white mice or rats, hamsters, fish, rabbits, cats, and dogs, before considering raising them for profit.
RESTFUL ACTIVITIES	1. Try arts and crafts such as: • Netting • Cord knotting — macrame • Knitting with large yarn and needles • Crewel embroidery • Braiding • Crocheting 2. Choose a hobby that provides independence and enjoyment such as collecting stamps, spoons, coins, cups, or salt and pepper shakers.
OUTDOOR GARDENING 	1. Stand or sit to water plants or grass and to rake or hoe. *2. Place tan bark around plants and bushes to keep weeds down. 3. Space flowers or vegetable plants far enough apart to allow for work area. 4. Sit on chair to pull weeds. 5. If necessary, sit on blanket placed on ground to garden. Crawl from one location to another.

ACTIVITY	APPROACH
INDOOR GARDENING	1. Arrange work area and plants at table height. 2. Move plants on utility cart. 3. Investigate local merchants as sales outlets for flowers, plants, or vegetables, then grow them for profit. *4. Consider mini-gardening.
WASHING WINDOWS AND CAR 	1. Select long-handled spray attachment for hose. 2. Use a long-handled sponge with soap attachment for soaping. 3. Use long-handled wiper or place chamois on end of long handle to wipe. 4. Wring out chamois on old-type wringer attached to pail.

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Community Activities

Participation in activities outside the home is important and can be enjoyed even when physical limitations are present. Plan ahead for outings. Survey the architectural barriers that may exist. Consider the following in relation to the degree of disability.

Is parking space available nearby on ground level? If not, can special arrangements be made?

Are there curbs to mount?

Is the access to the building ramped?

Are the doors easy to open?

Are the doorways wide enough to allow a wheelchair to pass?

Are there revolving doors? Avoid them.

Are there stairs to climb?

Do stairs have railings?

Are there escalators? Avoid them.

Are there elevators? Do their doors open and close slowly?

Are aisles wide and clear of obstacles?

Are toilet facilities accessible? Where?

Do toilet room locks operate easily?

Are toilet seat springs too tight for pushing seat down?

Are chairs available for resting?

Are floors highly polished or covered with deep-pile rugs? Avoid them.

Is lighting adequate for the activity?

Will your plans avoid peak hours for crowds?

Are there sales or other special functions going on to cause bustle or confusion? Avoid them.

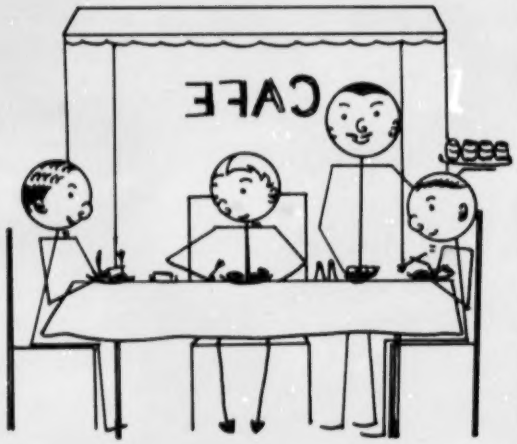
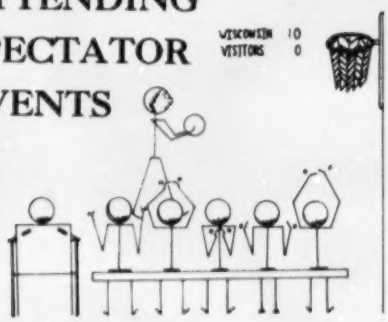
Are there seats on ground level for resting while waiting?

REMINDER: Plan ahead before each outing . . . remember to go to the bathroom first.

Shopping

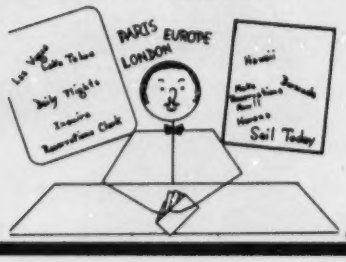
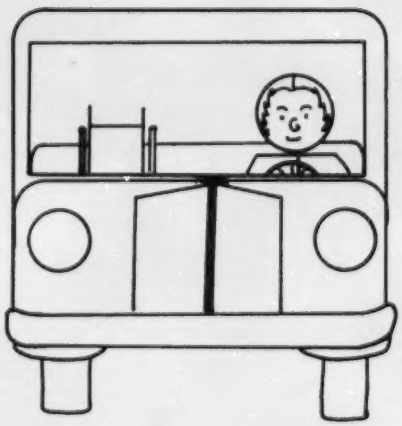
ACTIVITY	APPROACH
SHOPPING 	1. Use "Yellow Pages"—order by telephone. 2. Request copies of catalogs, particularly from specialty houses, and keep name on mailing lists. 3. Use "shopper's services" at stores. 4. Investigate store's willingness to deliver "on approval." (Most stores will when told why it is difficult to shop "in person.") 5. Keep shopping trips short.
GROCERY SHOPPING 	1. Keep running list of groceries needed. 2. Order groceries by phone for delivery, if possible. 3. Use parcel pick-up service. 4. Shop at same store to become acquainted with personnel and location of articles. 5. Phone ahead for special cuts of meat or items. 6. Pick a grocery cart that steers easily. 7. Request that carry-out bags be small in size and lightly weighted. 8. Look for other possible services available in store, such as postal service, payment station for utility bills, etc. 9. Use collapsible grocery cart to transport groceries from car to kitchen.
CHOOSING CLOTHING 	1. Look for easy-to-put-on clothing, front openings preferred. 2. Buy sizes slightly larger than usual. 3. Take clothes home on approval, if possible. 4. Use catalogs whenever possible. 5. Purchase shoes with good support, easy to put on and to take off. 6. Roughen slippery soles of shoes or apply non-skid strips to soles before wearing.

Restaurant, Church, and Spectator Activities

ACTIVITY	APPROACH
DINING OUT 	1. Make reservations ahead of time and ask for a convenient table with arm chairs. 2. Request a copy of the menu ahead of time to assure selection of foods manageable for chewing and swallowing. 3. Ask someone who speaks readily to order. 4. If food needs to be cut or boned, request that it be cut into bite-size pieces in kitchen. 5. Avoid tossed salads; ask for substitute. 6. Avoid laughter while chewing or drinking to prevent choking or inhalation of food. 7. Avoid peak hours to avert delay in service. 8. When attending banquet or other special dining event, check ahead with sponsoring agency about seating, menu, and accessibility of facilities.
ATTENDING CHURCH	1. Ask for chair if getting into pew is too difficult. 2. Ask for help in holding hymnal if the book is too heavy. 3. Sing along with the rest of the congregation. 4. Make prior arrangements for communion.
ATTENDING SPECTATOR EVENTS 	1. Avoid last-minute rush. 2. Reserve seats on aisle. 3. Inquire ahead about possible areas reserved for wheelchairs. 4. Take aluminum folding chairs if stationary seating is lacking.

Travel

Traveling is tiring. Plan any trip to avoid unnecessary fatigue. Do not leave at unusual hours or travel too far without opportunity for rest. Remember to use seat and shoulder belts always.

ACTIVITY	APPROACH
USING PUBLIC TRANS-PORTATION 	1. Plan trip with help of travel specialists to pre-arrange accommodations with carrier. *2. Contact your public library or bookstore for books on tours for persons who are disabled. Write for the *International Directory of Access Guides* for disabled and elderly travelers.
USING PRIVATE TRANS-PORTATION 	1. Install hand controls on automobiles with automatic transmission if advisable. 2. Plan route to avoid altitudinal changes if respiratory difficulties exist. 3. If medication is needed enroute, make arrangements ahead with help of your family doctor. 4. Investigate accessibility of and reserve overnight accommodations in advance. Request first-floor room with outside entrance. 5. Consider using room service to avoid unnecessary fatigue or frustration. 6. Look for the international symbol of access when traveling.

AVOID . . . even when they appear urgent, simple, or appealing . . . some activities, devices, and conveyances.

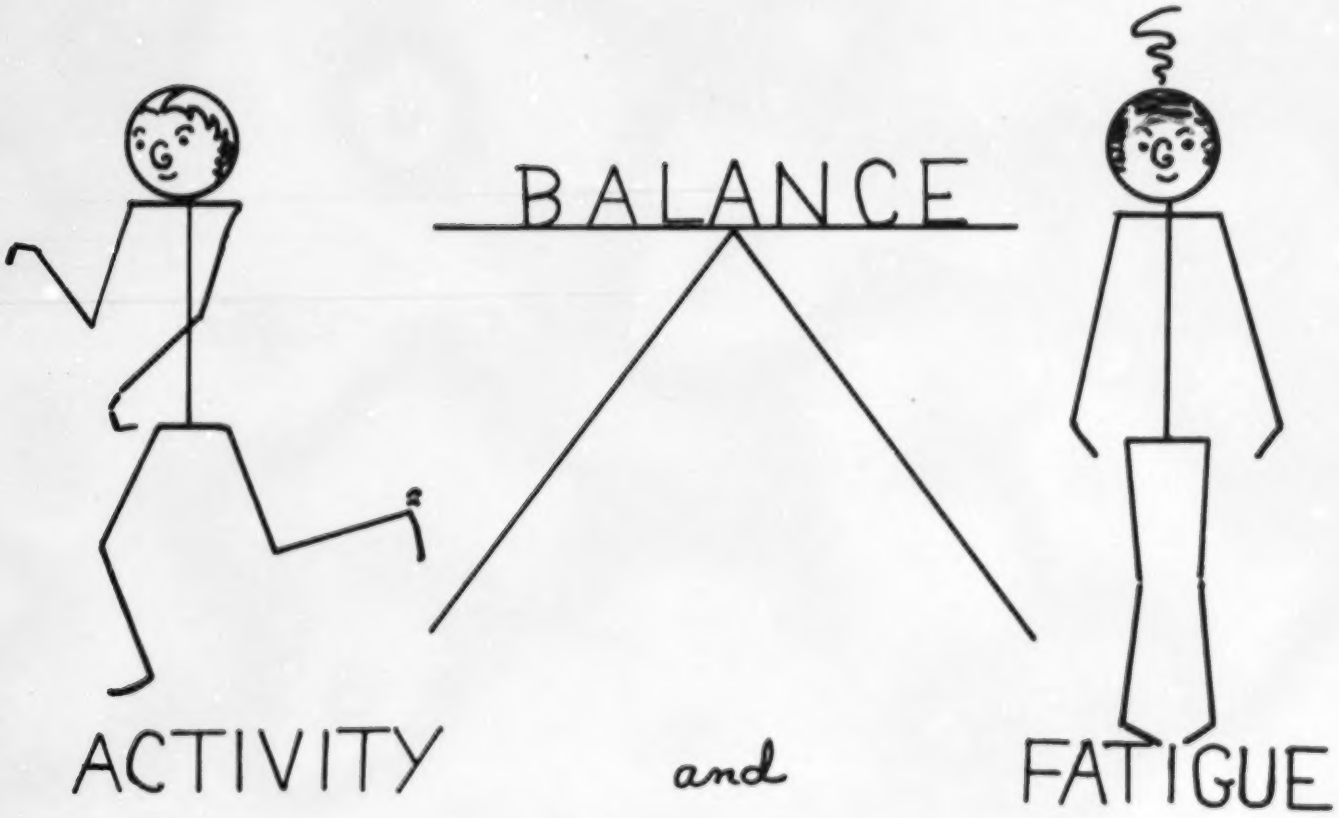
For safety's sake, DO NOT:

- Use snowblower.
- Use lawn mower of any type.
- Change screen or storm windows.
- Work with electrical wiring of any type.
- Use power tools or machines.
- Hunt with rifle or bow and arrow.
- Operate snowmobiles, motorcycles, or dunebuggies.
- Use escalators.
- Use aerosol cans.

Remember . . .

To live life to the fullest and to be fulfilled are promises received by all at birth. Although the emergence of a chronic disability may call for change in life-style, it need not call for loss of individuality. Adjustments, realistic modifications, and *understanding* can enable a person who is disabled to lead a useful, purposeful, happy life.

Living with multiple sclerosis requires setting a balance between rest and activity and acquiring knowledge and understanding of changes if they occur. *Look* for, *Listen* for, *Learn*, and *Locate* those areas that may be of individual concern.



How to Obtain Special Items

IRRIGATING DEVICES — Available in drug or department stores.

CLEO-CLEAN — Available from

Cleo Living Aids
3957 Mayfield Rd.
Cleveland, OH 44121

SHOWER HOSE — Usually available at local hardware stores.

LONG-HANDLED SPONGE — Available from

Miles Kimball Company
41 W. Eighth Ave.
Oshkosh, WI 54906

or

J. A. Preston Co.
71 Fifth Ave.
New York, NY 10003

GRIP STRIPS — Available from local plumbers or bath shops.

DIAGONAL WALL RAILS — Available from

J. A. Preston Co.
71 Fifth Ave.
New York, NY 10003

or

Fairway-King, Inc.
3 E. Main St.
Oklahoma City, OK 73118

VELCRO — Available in notions departments of department stores, in fabric marts, and in 5 and 10 cent stores.

ELASTIC SHOE LACES — Usually available at shoe repair stores.

CUTTER FORK — Available from

Fred Sammons, Inc.
Box 32
Brookfield, IL 60513

RAISED TOILET SEAT — Available at drugstores handling sickroom equipment or from mail order houses.

GLUTEAL BELT — A wide, double-thickness canvas belt that looks like a window washer's belt and supports a person in a standing position. D rings at each end of the gluteal belt hook to large dog leash clamps fixed into the sink cabinet. A chair should always be placed behind a person standing supported by a gluteal belt.

CORD CADDY — Cover a toilet paper tube with contact paper. Insert wound-up cord in tube.

RAMPS — The slope is not more than 1 foot of rise in 12 feet. A 8.50° incline is suggested. For every 20 feet of ramp there should be a rest area. When painting a ramp, add sand to the paint. Outdoor ramps should have a rough stripping applied to them.

BUILT-UP CRIB — Replace standard crib legs with table legs. Lock all crib sides up permanently. Split one side of crib in middle. Cut this side 14 inches in each direction. Attach hinge at top and bottom of front side to make doors that open outward. Secure center opening with slide bolt lock.

SWIVEL SPOON — Usually available in infants' section of department stores or in stores that handle infants' supplies.

BLOW BOTTLES — Usually available from hospital supply dealers or central supply of a large general hospital.

BUILT-UP PENCIL — Wrap pencil with foam rubber to make it bigger or slide it into a foam rubber hair curler.

TALKING BOOKS or LARGE PRINT BOOKS — Available through local libraries.

TAN BARK — Usually available at local nurseries.

MINI-GARDENING — Directions contained in U. S. Department of Agriculture *Home and Garden Bulletin, No. 163.* Available from the Superintendent of Documents, U. S. Government Printing Office, Washington, DC 20402.

INTERNATIONAL DIRECTORY OF ACCESS GUIDES — Available from Travel Survey Department, Rehabilitation/WORLD, 20 W. 40th St., New York, NY 10018.

OTOLOGIST — A physician who is certified or eligible for certification by the ear, nose, throat specialty board.

AUDIOLOGIST OR SPEECH-LANGUAGE PATHOLOGIST — A specialist who has been granted the Certificate of Clinical Competence (CCC) by the American Speech-Language-Hearing Association, or who has completed the equivalent educational requirements and work experience necessary for such a certificate, or who has completed the academic program and is in the process of accumulating the necessary supervised work experience required to qualify for such a certificate.

OCCUPATIONAL THERAPIST (O.T.R.)— A specialist who is registered by the American Occupational Therapy Association or is a graduate of a program in occupational therapy approved by the Council on Medical Education of the American Medical Association and is engaged in the required supplemental clinical experience prerequisite to registration by the American Occupational Therapy Association.

PHYSICAL THERAPIST (R.P.T.)— A specialist who is a graduate of a program of physical therapy approved by the American Physical Therapy Association or its equivalent and, where applicable, is licensed by the state.

All of the specialists above can be helpful in adapting equipment as well as in providing treatment.